

## Five Bottles Peruna Restored Me To Complete Health



I Have  
Been In  
The Best  
Of Spirits  
Since, And  
Feel That I  
Owe My  
Health To  
Peruna

Mr. C. N. Peterson, dealer in fine boots, shoes and cigars, 133 S. Main St., Council Bluffs, Ia., writes: "I cannot tell you how much good Peruna has done me. Constant confinement in my store began to tell on my health and I felt that I was gradually breaking down. I tried several remedies prescribed by my physician, but obtained no permanent relief until I took Peruna. I felt better immediately and five bottles restored me to complete health. I have been in the best of spirits since, and feel that I owe my health to it."

Our booklet, telling you how to keep well, free to all. The Peruna Co., Columbus, Ohio.

Those who object to liquid medicines can now procure Peruna Tablets.

### Got Even.

"He called you an insignificant little noodle, didn't he?"

"Ya-as, but I got even with him. bah Jove! I wrote him a letter, signed it 'younhs, wespectfully,' and then schwached out the 'wespectfully,' bah Jove!"

The tusks of the cow elephant have been found best adapted to the making of billiard balls.

The man who boasts of near success is like the chap with a nickel in a six-cent-fare trolley car.

### Gave Him Away.

Willie—Say, maw, pop must tell you a lot of riddles.

His Mother—Why do you ask?  
Willie—Well, I heard him tell Mr. Jones last night that he had you guessing.

### The Nearest He Ever Came.

"Did Higgins ever do a day's work?"  
"One that I know of. He spent a whole Fourth of July setting off fireworks."

It's hard to keep a good man down, but it's harder to keep a poor man up.

## LUCKY STRIKE CIGARETTE

IN a year it has become famous; the man's cigarette for the men who are working over here, and fighting over there.

The reason? Because it's made of Burley pipe tobacco and because—

**IT'S TOASTED**



Guaranteed by  
*The American Tobacco Co.*

## Win the War by Preparing the Land Sowing the Seed and Producing Bigger Crops

Work in Joint Effort the Soil of the United States and Canada  
CO-OPERATIVE FARMING IN MAN POWER NECESSARY  
TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels

To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.

Western Canada's help will be required not later than April 5th. Wages to competent help, \$50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to: U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR

## Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

### ANOTHER CORPORATION TAKES A WHACK AT JOHN BARLEY- CORN.

From a statement recently put in the pay envelope of each employee of the Pennsylvania Rubber Co.

"The money in this envelope is yours, to use as you see fit. It may be devoted to the good of your family if you have one; if not, to your own betterment or the improvement of those who are to any degree dependent upon your efforts. . . . What we have to say is a statement for the guidance of some, if they desire to remain in our employ. Eighty-five per cent of the discontent and trouble generated in this factory can be traced to men who, on account of careless habits, have become discontented with themselves and have endeavored to spread dissatisfaction.

"Do not think that you can wake up with a headache and wish the consequences on us. Also eliminate at once the idea that you can continue to lay off without cause and retain your position. The 'cramps in the stomach' is becoming old to a point that it is almost moss-covered. Above all, remember that the man who does not take proper care of his family cannot remain in the employ of the Pennsylvania Rubber Co. . . . We announce the platform upon which we stand in order that any who may desire to work under more liberal conditions may migrate before extremely cold weather sets in."

### WHY WORRY ABOUT CONCURRENT LEGISLATION?

The antiprohibitionists are making a fearsome bugaboo out of the difficulties that supposedly will arise from concurrent enforcement of the prohibition amendment by federal and state governments. They suggest the possibility of the inflicting of a double conviction for one crime, a conflict between the laws of the state and federal government, etc.

As a matter of history, concurrent legislation by the federal and state governments has been tested and found to work successfully. Attention was called to this fact by Congressman E. Y. Webb at the time of the hearing and vote on the amendment in the house: "Counterfeiting is peculiarly a national offense," said Mr. Webb, "because it is offensive to the integrity of the national money, and yet nearly all the states have statutes condemning and punishing counterfeiting. But there the jurisdiction is concurrent, and if the state gets hold of a counterfeiter first the federal government sometimes lets the state handle it, but often asks the state to turn him over to the federal government. But the states have the right to enforce their laws against counterfeiters because the congress has given them the jurisdiction."

### A TRAITOR TO HIS OWN BODY.

One of the strongest arguments that a physician can offer against the use of alcohol is its paralyzing effect upon the white blood corpuscles. These are our chief agents in defense against disease. When some morbid element enters the blood stream it is the duty of the white corpuscles to cast out. But the user of alcohol is lacking in this defense because he has been a traitor to his own body, taking into it that which destroys the power of his defenders. This is the explanation of the high death rate when pneumonia, typhoid, or other serious diseases attack habitual drinkers. It also explains the reluctance of the surgeon to operate upon a heavy drinker. The patient is lacking in that vital element known as "resistance." He has destroyed himself.—From "A Physician's Testimony on Alcohol," by Charles H. Lerrigo, M. D.

### BANKS CASH PAY CHECKS.

The Deseret Evening News, recounting the changes wrought in Salt Lake City in five months of prohibition, says that very few of the places formerly occupied by saloons are vacant. These vacancies, we are told, are not chargeable to lack of would-be tenants or to a general slump in business, but to the undesirability of the locations for other business. The percentage of vacant buildings existing at present in the business district is no greater, according to real estate men, than before prohibition went into effect. The people today have the pleasure of seeing restaurants, grocery stores, meat markets, dry goods and clothing stores and many other sorts of stores in rooms formerly occupied by saloons.

The impetus given to other business, particularly amusements and savings institutions, has been gratifying. Motion picture theater proprietors freely admit that much of their prosperity during the fall and early winter has been due to prohibition.

### BANK DEPOSITS INCREASE SEVENTY-FOUR PER CENT.

From the Idaho Statesman we learn that during the last two years—the period in which state prohibition has been in force—the bank deposits of the city of Boise have increased 74 per cent; also that the assets of Boise's six banks are 52 per cent greater. These increases are shown by the figures prepared by the banks showing their conditions as of November 20, the date set by the comptroller in his last call.

## Swift & Company Publicity

At a recent hearing of the Federal Trade Commission there was introduced correspondence taken from the private files of Swift & Company, which showed that the Company had been considering for some time an educational advertising campaign.

The need for this publicity has been apparent to us for several years. The gross misrepresentation to which we have recently been subjected has convinced us that we should no longer delay in putting before the public the basic facts of our business, relying on the fair-mindedness of the American people.

The feeling against the American packer is based largely on the belief that the income and well-being of the producer and consumer are adversely affected by the packers' operations, resulting in unreasonably large profits.

Swift & Company's net profit is reasonable, and represents an insignificant factor in the cost of living.

For the fiscal year 1917 the total sales and net profit of Swift & Company were as follows:

Sales  
**\$875,000,000.**

Profits  
**\$34,650,000.**

This is equivalent to a \$3,465. profit on a business of \$87,500.



If Swift & Company had made no profit at all, the cattle raiser would have received only one-eighth of a cent per pound more for his cattle, or the consumer would have saved only one-quarter of a cent per pound on dressed beef.

Swift & Company, U. S. A.

Green as Grass.  
"I heard you had a cow for sale," began the lady who had just moved out from the city, "and as I'm thinking of buying one, I—"  
"Well," interrupted the farmer, "that's that Jersey. That's one good 'p'int in her that—"  
"Oh, gracious! That would never do; I'd need a quart at least," exclaimed the lady.—Boston Evening Transcript.

COVETED BY ALL  
but possessed by few—a beautiful head of hair. If yours is streaked with gray, or is harsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dressing. Price \$1.00.—Adv.

Choice of Evils.  
"Why do you let your wife rule the house?" "Because if I didn't let her reign she'd storm."

### KIDNEY TROUBLE OFTEN CAUSES SERIOUS BACKACHE

When your back aches, and your bladder and kidneys seem to be disordered, go to your nearest drug store and get a bottle of Dr. Kilmer's Swamp-Root. It is a physician's prescription for ailments of the kidneys and bladder.

It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases. This preparation so very effective, has been placed on sale everywhere. Get a bottle, medium or large size, at your nearest druggist.

However, if you wish first to test this preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Great Britain has 900,000 pensioners of war.

Man worries quite a little here below—and the undertaker does the rest.

## As Age Advances the Liver Requires

occasional slight stimulation.  
**CARTER'S  
LITTLE LIVER PILLS**  
correct  
**CONSTIPATION**  
Genuine  
Bears  
Signature  
*Frank Wood*

Colorless or Pale Faces usually indicate the absence of iron in the blood, a condition which will be greatly helped by Carter's Iron Pills

Pleasant Task.  
Sweet Girl—Pa, the house next door was robbed last night.  
Pa—Mercy! Next door?  
Sweet Girl—Yes, and the burglars have been in two or three houses on this terrace within a week.  
Pa—I know it. I know it. It's terrible! But what can we do?  
Sweet Girl—I was thinking it might be a good plan for Mr. Niccfollo and me to sit up a few nights to watch for them.—Pearson's Weekly.

Important to Mothers  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the  
Signature of *Dr. J. C. Fletcher*  
In Use for Over 30 Years.  
Children Cry for Fletcher's Castoria

Life-long Job.  
"What's the biggest problem you have faced since the days of your youth?"  
"Living them down."

The Cupboard Was Bare.  
"Who was old Mother Hubbard?"  
"The discoverer of the first meatless day."

True to His Promise.  
"Dearest, will you let me share your every sorrow after we are married?" she whispered as she cuddled her cheek against his.  
"Yes, darling," he replied, again plucking a delicious kiss from her sweet lips.  
It was the same lady who two years later wearily cried out:  
"Oh, Tom, why can't you ever come into the house without bringing a tale of trouble with you? I'm so sick of hearing about how hard you have to work to keep the bills paid."—Chicago Herald.

THIS IS THE AGE OF YOUTH.  
You will look ten years younger if you darken your ugly, gray hair by using "La Creole" Hair Dressing.—Adv.

Advice.  
"My son, it is easy enough to be a promising young man."  
"Yes, father."  
"But the trick in life is not to promise, but to perform."

There's a Reason.  
Hubby—"I never realized you were so tall before." Wife—"I'm supposed to be. Am I not your better half?"

## How to Make Oatmeal Bread Healthful to Eat—Saves the Wheat

1 cup flour  
1 1/2 cups corn meal  
1 teaspoon salt  
5 teaspoons Royal Baking Powder  
2 tablespoons sugar

1 cup cooked oatmeal or rolled oats  
2 tablespoons shortening  
1 1/2 cups milk  
No eggs

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

## ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. W, 135 William St., New York

**FOOD WILL WIN THE WAR**